COMMUNITY

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Miguel Cabrera's
Tiger Years, Part 1

EL CENTRAL
HISPANIC NEWS

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COMMUNITY

Pages 6 –
The Other Part of The
Breast Cancer Fight

Hacienda Mexican Foods se llevó el codiciado premio Legacy Business de la SBA

La icónica empresa de alimentos de Michigan fue una de las 68 empresas reconocidas a nivel nacional, como parte de la celebración del 70° aniversario de la SBA.

El viernes 22 de septiembre, la Directora de Distrito de la Administración de Pequeñas Empresas de EE. UU., Laketa Henderson, entregó a la propietaria de Hacienda Mexican Foods, Lydia Gutiérrez, un trofeo SBA Legacy Business mientras se llevaba a cabo una ceremonia en la planta de la compañía en Detroit. Hacienda Mexican Foods es una de las 68 empresas con legado que la SBA reconoce en todo el país como parte de las celebraciones del 70 aniversario de la SBA.

La propietaria de Hacienda Mexican Foods, Lydia Gutiérrez, fundó la empresa en 1994 con su difunto esposo, Richard. Hizo crecer la empresa de ocho a más de cincuenta empleados, con énfasis en la compra local y su compromiso con la responsabilidad social. Hacienda continúa creciendo en el corazón de Mexicantown en el suroeste de Detroit.

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Hacienda Mexican Foods Receives Coveted SBA Legacy Business Award

The iconic Michigan food manufacturer is one of 68 businesses recognized nationally as part of the SBA's 70th Anniversary Celebration

On Friday, September 22, the U.S. Small Business Administration's District Director, Laketa Henderson, presented Hacienda Mexican Foods owner Lydia Gutierrez, with an SBA Legacy Business trophy during a ceremony at the company's manufacturing Plant in Detroit. Hacienda Mexican Foods is one of 68 Legacy Businesses the SBA is recognizing nationwide as part of the SBA's 70th anniversary celebrations.

Hacienda Mexican Foods owner Lydia Gutierrez started the company in 1994 with her late husband, Richard. She grew the company from eight to over fifty employees. With an emphasis on purchasing local and their commitment to social accountability, Hacienda continues to grow in the heart of Mexicantown in Southwest Detroit. Their products were once sold only in the metro Detroit area but are now available in more than fifteen states and now internationally, in parts of Canada.

SBA
In Honor of Our 70th Anniversary (1953-2023)
The U.S. Small Business Administration recognizes
HACIENDA MEXICAN FOODS
as a Legacy Business
Thank you for all you do for your communities
Congress of the United States
House of Representatives
Washington, DC
A Proclamation by Congressman Shri Thanedar, Ph.D.
Honoring Lydia Gutierrez and Hacienda Mexican Foods

Lydia Gutierrez, president of Hacienda Mexican Foods, celebrates receiving SBA Legacy Business Award - one of 68 awards made by the SBA nationwide

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¡¡¡ Gracias Miggy !!!

Photos and captions by Mike Alberts, celebration weekend photos by Detroit Tigers

EL CENTRAL Hispanic News has covered the Triple Crown Winner since his first game in Detroit in 2008.

Additional Miguel Cabrera photos continued on page 2

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Miggy over the years as a Tiger part 1

Photos by Mike Alberts/ EL CENTRAL

2008

In 2008, Miguel Cabrera joined the Detroit Tigers on an eight-year contract for $185.3 million. Cabrera's contract was the fourth largest in baseball history at the time.

Cabrera made his Tigers debut on March 31, 2008, playing third base in a home game against the Kansas City Royals. In his third at-bat, he hit a solo home run off Royals pitcher Gil Meche.

2009

It did not take long for Cabrera to become a favorite of the fans. He finished the season with 37 home runs to lead the American League. He was the youngest AL home run champion since Troy Glaus in 2000. To the 37 home runs he added a whopping 127 RBI's.

By 2009, Cabrera was a fan favorite with another great season batting .324 and getting a career high 198 hits. He played in the All-Star Game and enjoyed playing that season with Curtis Granderson, Placido Polanco pictured below.

2010

During the 2010 season, Cabrera again distinguished himself by hitting three homeruns against the Oakland A's in a single game. The accomplishment occurred on May 28th – just a few days after his return to the team from his daughter's birth. Again, he hit for a season average of .328, with 126 RBI's and 38 homeruns.

2011

Cabrera again earned a spot on the All-Star team and had his eighth straight 100-RBI season. He was walked a career high of 108 times. He became more active in the community and began plans for his Miguel Cabrera Foundation.

2012 - The Triple Crown Season

Cabrera won the Triple Crown, finishing the season with an AL-leading 44 home runs, 139 RBIs, and .330 batting average. He became the first batter to win a Triple Crown since Carl Yastrzemski in 1967. Cabrera became the first player to win it without a tie in any of the three categories since Frank Robinson in 1966. He is the first Latin American player and the first third baseman to win a Triple Crown. Cabrera also had his first 200-hit season, having hit safely 205 times.

2008 - Opening Day home run

2009 - Miguel Cabrera with Curtis Granderson

2010 - Cabrera with Tiger Manager Jim Leyland and Edwin Jackson

2011 season

2012 season

Hacienda Mexican Foods Receives SBA Legacy Business Award

Con't from pg. 1

On hand for the presentation were MI-13 Rep. Shri Thanedar's District Director, Linto Thomas and SBA Michigan District Office Deputy District Director, Thaddeus Hammond. Rep. Thanedar's District Director shared a video of the Congressman paying tribute and congratulating the 70th anniversary celebration's recipient and presented her with a proclamation.

MI -13 Rep. Shri Thanedar was quoted as saying, "Since 1994, they've been a shining example of commitment and community promise. From eight to over fifty employees, their growth is a testament to the city of Detroit's indomitable spirit and the promise of American small business. Congratulations to Hacienda Mexican Foods on their well-deserved SBA Legacy Award".

"The success of Hacienda Mexican Foods demonstrates that companies can start small, not go at it alone, and through hard work and dedication grow into a successful enterprise," said SBA Michigan District Director Laketa Henderson. "Our SBA Michigan District Office team strives to create a strong ecosystem to nurture small businesses. Hacienda Mexican foods is a fine example of successful growth translating into a community win.

"SBA has the pulse of the business community and has helped Hacienda Mexican Foods grow and stay in business. The SBA 504 program allowed us to purchase machinery that puts Detroiters to work. We thank the leaders of SBA for empowering small business to grow and make a difference!," said Hacienda Mexican Foods owner, Lydia Gutierrez. . Ms. Gutierrez, accepted the award on behalf of her employees and leadership team and gave the credit for the company's growth and success to the employees, many of whom live in the neighborhood, "for their tremendous work, passion, dedication, commitment and their spirit that they bring to Hacienda every single day".

SBA Legacy Businesses recognize past or current small business that benefited from SBA resources in their early stages of development. For 70 years, America's entrepreneurs have relied on SBA support to help start and grow their small businesses. Today, the SBA is building upon its success providing billions of dollars in support to small businesses and by helping millions of entrepreneurs build meaningful lifelong connections which help power their local economies.

Now, amid soaring consumer confidence, historic low unemployment, and falling inflation, applications to start new businesses continue to boom. Since the start of 2021, more than 12.2 million people have applied to start a small business – including 900,000 plus in Michigan.

"The SBA was established in 1953 by President Eisenhower, and with President Biden's Investing in America agency, the SBA continues to support small businesses from the middle up to the bottom out, and connecting small businesses with the resources that are needed to create jobs, build generational wealth, and flourish". Under the leadership of SBA Administrator Guzman, the SBA is "meeting people where they are at with a priority on equity, customer service and by reducing barriers so more entrepreneurs can access the resources they need to be successful" says Geri Aglipay, SBA Great Lakes Regional Administrator, who oversees Ohio and five other states in the region.

About the U.S. Small Business Administration

The U.S. Small Business Administration helps power the American dream of business ownership. As the only go-to resource and voice for small businesses backed by the strength of the federal government, the SBA empowers entrepreneurs and small business owners with the resources and support they need to start, grow, expand their businesses, or recover from a declared disaster. It delivers services through an extensive network of SBA field offices and partnerships with public and private organizations. To learn more, visit www.sba.gov.

Hacienda Mexican Foods recibe el premio Legacy Business de la SBA

Con't de pg. 1

Sus productos se vendían solo en el área metropolitana de Detroit, pero ahora están disponibles en más de quince estados y a nivel internacional, en algunas partes de Canadá.

Estuvieron presentes en la premiación, el Director de Distrito del MI-13 Shri Thanedar; Linto Thomas, y el subdirector de distrito, de la Oficina de Distrito de la SBA Michigan, Thaddeus Hammond. El director del distrito de Thanedar, compartió un video del congresista rindiendo homenaje y felicitando a la ganadora de la celebración del 70 aniversario.

El representante del MI-13, Shri Thanedar, fue citado diciendo: "Desde 1994, han sido un brillante ejemplo de compromiso y promesa comunitaria. De ocho a más de cincuenta empleados, su crecimiento es un testimonio del espíritu indomable de la ciudad de Detroit y de la "La promesa de las pequeñas empresas estadounidenses. Felicitaciones a Hacienda Mexican Foods por su merecido premio SBA Legacy Award".

"El éxito de Hacienda Mexican Foods demuestra que las empresas pueden empezar poco a poco, no hacerlo solas y, a través del trabajo duro y la dedicación, crecer hasta convertirse en una empresa exitosa", dijo la directora del distrito de la SBA Michigan, Laketa Henderson.

"Nuestro equipo de la Oficina del Distrito de Michigan de la SBA se esfuerza por crear un ecosistema sólido para fomentar las pequeñas empresas. Hacienda Mexican Foods es un buen ejemplo de crecimiento exitoso que se traduce en una victoria comunitaria.

"La SBA toma el impulso de la comunidad empresarial y ha ayudado a Hacienda Mexican Foods a crecer y mantenerse en el negocio. El programa SBA 504 nos ha permitido comprar maquinaria para darle empleo a los habitantes de Detroit. ¡Agradecemos a los líderes de la SBA por empoderar a las pequeñas empresas para que crezcan y marquen la diferencia!", dijo la propietaria de Hacienda Mexican Foods, Lydia Gutiérrez. La Sra. Gutiérrez, aceptó el premio en nombre de sus empleados y su equipo de liderazgo y dio el crédito por el crecimiento y el éxito de la empresa a los empleados, muchos de los cuales viven en el vecindario, "por su tremendo trabajo, pasión, dedicación, compromiso y el espíritu que aportan a Hacienda todos los días".

Las empresas con legado de la SBA reconocen a las empresas anteriores o actuales que se han beneficiado de los recursos de la SBA en sus primeras etapas de desarrollo. Durante 70 años, los empresarios estadounidenses han dependido del apoyo de la SBA para ayudarlos a iniciar y hacer crecer sus empresas. Hoy, la SBA está aprovechando su éxito, dando miles de millones de dólares en apoyo a pequeñas empresas y ayudando a millones de empresarios a construir conexiones significativas para toda la vida que ayuden a impulsar sus economías locales.

Ahora, en medio de la creciente confianza de los consumidores, un desempleo históricamente bajo y una inflación en caída, las solicitudes para iniciar nuevos negocios continúan aumentando. Desde principios de 2021, más de 12,2 millones de personas han solicitado iniciar una pequeña empresa, incluidas más de 900.000 en Michigan.

Lydia Gutierrez was overwhelmed during the presentation of the SBA Legacy Business Award

Congratulating Ms. Gutierrez, center, on her Legacy award were, from left, Thaddeus Hammond and Laketa Henderson from the SBA Michigan District, Gabriel Gutierrez, owner of Donut Villa, and Linto Thomas from U.S Rep. Shri Thanedar's office

Ms. Gutierrez shared the recognition and credit for Hacienda's success with her dedicated employees

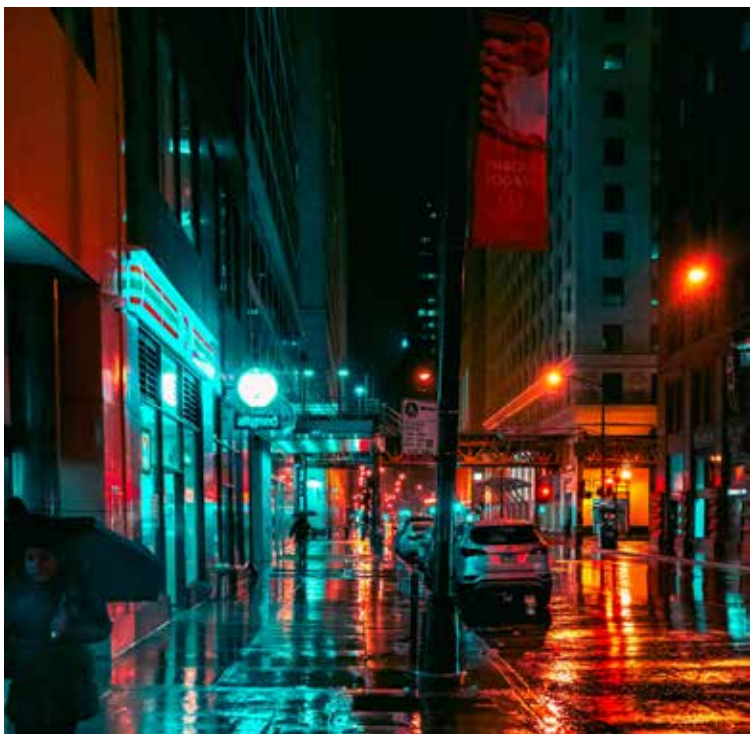
SBA
Congress of the United States
House of Representatives
Washington, DC 20515
A Proclamation by Congressman Shri Thanedar, Ph.D.
Honoring Lydia Gutierrez and Hacienda Mexican Foods
WHEREAS
WHEREAS
WHEREAS
WHEREAS
WHEREAS
NOW, THEREFORE, BE IT RESOLVED, that the 118th United States Congress
In Witness Whereof, I have hereunto set my hand
Member of Congress | Michigan's 13th District
The U.S. Small Business Administration recognizes
HACIENDA MEXICAN FOODS
as a Legacy Business

The SBA Legacy Business Award and Congressional Proclamation

SPECIAL, WORLD'S CULTURES

Short story: The Stench Of Blood

Short story: The Stench Of Blood



The city at night, car lights, maybe there was a little rain and there are Arab mirrors that reflect the light. The stench of blood on cement. The bars and clubs play songs.

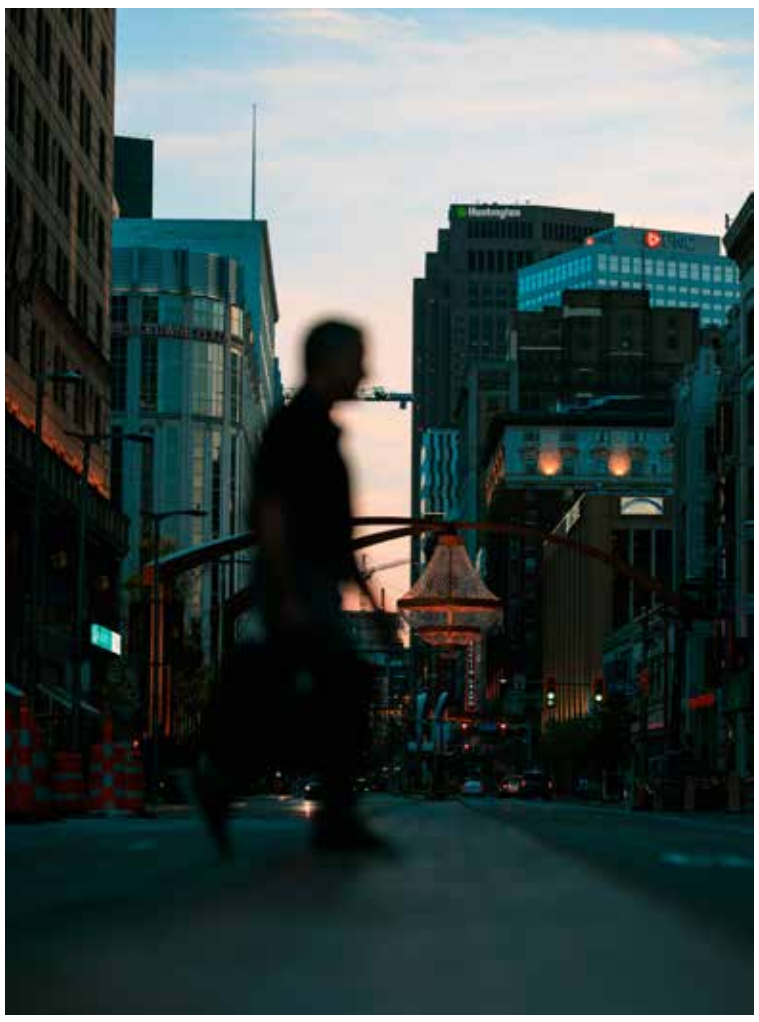
Bodies move with the music, some with rhythm, some with intention, some to accompany those who like to dance, although they don't. Drinks rest on the tables that vibrate with the sound of the horns. The arms are flexed to bring shots of beer, liquor and cocktails to the mouth. Those who tend the bar already know each other's faces and send drinks, even if they haven't ordered them yet. The waiters deliver and see the hands go to the pockets or purses to pay short or long bills that involve tips with which the rent, transportation and food will be paid, perhaps leisure, if there is any left. Hours of sweat or wear and tear for those who were also like them during working hours, because many of those who pay are now just enjoying themselves. The smog of the day settles, the cars parked. Taxi drivers wait near those bars. Some trays bring snacks to accompany the drinks that continue to hydrate the throat with their alcohol heat, even if they have ice. Minutes and hours pass.

The heart vibrates with the music, the body gets a little lost in the joy of alcohol, it sways. A man leaves the bar for a cigarette and decides not to go back in. A few streets away is his car parked away from him, maybe it is white and compact, maybe it is gray and elongated, maybe it is red and forgotten.

He gets in the car and tunes into a station. It is the beginning of the 2000s, cell phones still do not solve everything, they only calculate, call, send, receive messages and can tune the radio. Ah! and in them you can play snake. He finds the station and listens to music as if there were a party in the radio booth that he apparently did not attend, but from a distance he tunes in. He doesn't know if he remembers where he lives, driving on autopilot while listening to songs he hums with typos.

Tell them you saw it in EL CENTRAL

Diles que lo viste en EL CENTRAL



There are two young people walking on the sidewalk heading somewhere, returning from somewhere else. They are happy and drink bottled water as they walk through the calm, cool night. The street is wet, but nothing to worry about, no cars will splash fallen rain. They walk and brighten the early night. In the car you can hear the joy prolonged by the music and the drunkenness. He forgets that he is driving so deep into following the songs. Speed up. The young people continue on the avenue. The driver loses control and crashes into the two pedestrians. The impact throws them hard onto the cement. One of them has blood gushing from his head. The dazed driver gets out. Employees and assistants from the premises near where the accident occurred approach.

A telephone dials an emergency number. Short minutes that seem infinite. Ambulances, traffic officers, a tow truck arrive. The friend tries to calm the one who is bathed in his own warm blood. The friend shouts words in desperation trying to get closer to the person who is bleeding. The injured young man screams. They both scream, but don't say anything. The ambulance arrives and picks up the injured man.

A person employed by the place where the accident occurred must take care of cleaning the sidewalk. He hoses down piles of water to dissolve the blood, while he pushes away the solid remains with the broom. The stench and color of blood permeates the sidewalk while the disturbed, nervous, still shocked woman assimilates and repeats what had just happened. The woman talks about the young man lying there with blood flowing and insistently repeating: "I don't want to die, I don't want to die like this, I don't want to die like this."

Mariana Ayón RV

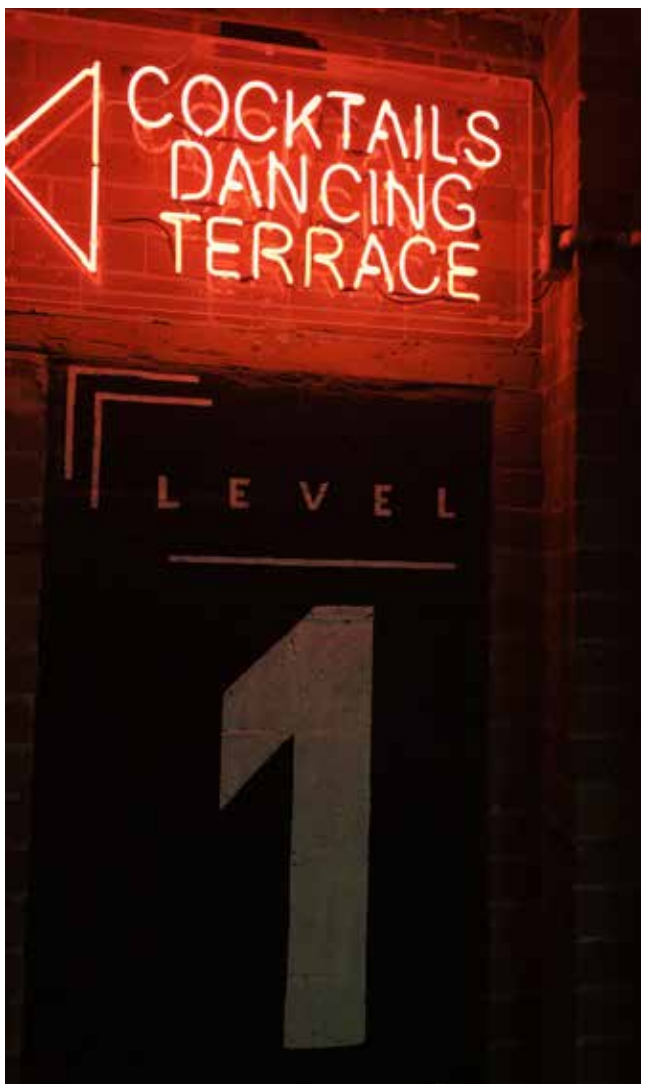
ESPECIAL CULTURAS DEL MUNDO

Cuento: El hedor de la sangre

Cuento: El hedor de la sangre

La ciudad de noche, luces de carros, quizá hubo un poco de lluvia y hay espejos árabes que rebotan la luz. El hedor de la sangre en el cemento. Los bares y antros tocan canciones.

Cuerpos se mueven con la música, algunos con ritmo, algunos con intención, algunos por acompañar a quien le gusta bailar, aunque ellos no. Sobre las mesas reposan tragos que vibran con el sonido de las bocinas. Los brazos se flexionan para llevar a la boca tragos de cerveza, licor y cocteles. Los que atienden la barra ya se saben uno que otro rostro y mandan bebidas, aunque aún no las ordenen. Los meseros entregan y ven las manos ir a los bolsillos o carteras para pagar cuentas cortas o largas que implican propinas con las que se pagará la renta, transporte y alimento, quizá ocio, si es que queda. Horas de sudor o desgaste de los que estuvieron también como ellos en horas laborales, porque muchos de los que pagan ya sólo están disfrutando. El smog del día se asienta, los autos estacionados. Los taxistas esperan cerca de aquellos bares. Algunas bandejas traen botana para acompañar las bebidas que no dejan de hidratar la garganta con su calor de alcohol, aunque lleven hielos. Pasan minutos y horas.



El corazón vibra con la música, el cuerpo se pierde un poco entre el gozo del alcohol, se bambolea. Un hombre sale del bar por un cigarro y decide no volver a entrar. A unas calles se encuentra su coche estacionado, quizá es blanco y compacto, quizá es gris y alargado, quizá es rojo y olvido. Se sube al coche y sintoniza una estación. Es el principio de la década del año 2000, los celulares todavía no lo resuelven todo, sólo calculan, llaman, envían, reciben mensajes y pueden sintonizar el radio. ¡Ah! y en ellos se puede jugar a la culebrita. Encuentra la estación y escucha música como si en la mismísima cabina de la radio hubiera una fiesta a la que aparentemente no asistió, pero a la distancia la sintoniza. No sabe si recuerda dónde vive, maneja en piloto automático mientras escucha canciones que tararea con erratas.

Van dos jóvenes que caminan en la acera rumbo a algún lugar de regreso de otro lugar. Están contentos y beben agua de botella mientras andan por la tranquila y fresca noche. La calle está húmeda, pero nada de qué preocuparse, ningún carro salpicará lluvia caída. Caminan y alegran la temprana noche.

En el carro se escucha el gozo prolongado por la música y la ebriedad. Se le olvida que conduce de tan entrado en seguir las canciones. Sube la velocidad. Los jóvenes siguen sobre la avenida. El conductor pierde el control, se impacta contra los dos andantes. El impacto los lanza con fuerza al cemento. A uno de ellos le borbota sangre de la cabeza. Se baja el conductor aturdido. Se acercan personas empleadas y asistentes del local cerca de donde ocurrió el accidente.

Un teléfono marca un número de emergencia. Minutos cortos que parecen infinitos. Llegan ambulancias, agentes de tránsito, una grúa. El amigo trata de calmar al que está bañado en su propia y tibia sangre. El amigo grita palabras desesperado tratando de acercarse a quien sangra. El joven herido grita. Los dos gritan, pero no dicen nada. La ambulancia llega y sube al mal herido.

Una persona empleada del lugar donde ocurrió el siniestro debe ocuparse del aseo de la banqueta. Lava con una manguera a montones de agua para disolver la sangre, mientras con la escoba empuja los restos sólidos. El hedor y color a sangre impregna la acera mientras la mujer perturbada, nerviosa, aún en shock asimila y repite lo que acababa de suceder. La mujer habla del joven tirado del que manaba sangre y repetía insistentemente: “no me quiero morir, no me quiero morir así, no me quiero morir así”.

Mariana Ayón RV

Espera nuestro Especial Semanal
CULTURAS LATINOAMERICANAS,
by Mariana Ayón RV

Salud/*Health*

The Other Part of The Breast Cancer Fight

A breast cancer diagnosis can bring burdens far beyond the physical wellbeing of patients.

By Molly MacDonald
Founder & CEO, Pink Fund

As we approach October, we're coming up on what is widely known as Breast Cancer Awareness Month. While supporters and survivors often give back and reflect during this month, the financial burden of a breast cancer diagnosis is not commonly top of mind. This is why we at Pink Fund have coined the term Breast Cancer UNAwareness Month™. Many survivors are unaware that financial support like this exists, and many supporters are unaware of the need for non-medical financial assistance.

At its core, Pink Fund provides financial support, but also strives to serve as a resource for survivors, at any stage of a diagnosis. Coinciding with Hispanic Heritage Month, there is also an unawareness around the lapse in access to quality cancer care and support in minority communities, including the Hispanic community.

- Breast cancer is the leading cause of cancer death among Hispanic women. (National Cancer Institute)
- Only 38% of Hispanic women aged 40 and older have regular mammogram screenings. Without screenings, cancer is found at later stages, lessening the chances of successful treatments. (National Cancer Institute)
- The five-year breast cancer survival in Hispanic women is 88%, compared to 92% in non-Hispanic white women. (American Cancer Society)

As a breast cancer survivor, I know all too well what it's like to battle the financial burdens of breast cancer while undergoing treatment to battle the disease. Diagnosed with early-stage breast cancer in April 2005, the disease was unlikely to take my life, but it did take my livelihood. I was between jobs, my family's already tight budget was immediately overrun by the addition of a monthly COBRA health insurance payment, and I lost my income.

Within months, my family and I faced the potential for catastrophic financial losses, including the loss of our home. At the end of treatment when family and friends stopped delivering dinner, I found myself at a local food bank to feed my family.

I quickly learned that this experience was not unique to me, and in some instances, much more dire for others. While sitting alongside other women in treatment waiting rooms, I listened to them weighing their options to skip treatment in order to keep up with their work schedule. Most concerning was the idea of stopping treatment altogether and returning to work.

It isn't just time off and lost wages impacting those decisions. It was the cost of gas to get to and from appointments, parking fees, money spent on take-out meals, and sometimes overnight stays in nearby hotels when treatment centers were too far from home.

A 2020 study of breast cancer patients under 40 showed that 47% of the women surveyed were in financial decline due to their diagnosis. Forty-seven percent of the women also had to take unpaid time off work for their treatments.

When I asked the social worker where I was being treated for help in solving this issue, apart from a $50 Kroger gift card, she was unaware of any options to provide non-medical financial assistance.

So, in 2006, I founded Pink Fund, with my husband Tom, to address this issue of "financial toxicity" in the breast cancer space.

Women and their families should not be faced with impossible choices, like paying for their medication or mortgage, or making a car payment instead of paying for chemotherapy.

They shouldn't have to, but the fact is they do.

Pink Fund provides 90 days of non-medical financial aid to cover the basic costs of living expenses, such as health insurance, housing, transportation, and utilities. By providing this financial assistance, Pink Fund helps to meet basic needs, while also decreasing stress levels. These factors help breast cancer patients focus on healing and improve survivorship outcomes and

Molly MacDonald, founder of the Pink Fund

quality of life. Since its founding through August 2023, Pink Fund has made over $7.1 million in bill payments directly to patient's creditors.

Real help is here for those in need. Please visit www.PinkFund.org for information on qualifying for support or to support a patient in need.

La otra parte de la lucha contra el cáncer de mama

Un diagnóstico de cáncer de mama puede conllevar cargas que van mucho más allá del bienestar físico de los pacientes.

Por Molly MacDonald
Fundadora y directora ejecutiva de Pink Fund

Llegando a octubre, nos acercamos a lo que se conoce ampliamente como el Mes de la Concientización sobre el Cáncer de Mama. Si bien los sobrevivientes y los que apoyan la causa, a menudo retribuyen y reflexionan durante este mes, la carga financiera del paciente no suele ser una prioridad. Es por eso que en Pink Fund hemos creado el término Mes del DESconocimiento del cáncer de mama. Muchos sobrevivientes desconocen que existe un apoyo financiero y algunos de los colaboradores desconocen la necesidad de asistencia financiera, no médica.

Pink Fund básicamente brinda apoyo financiero, pero también se esfuerza por servir como recurso para los sobrevivientes, en cualquier etapa del diagnóstico. Coincidiendo con el Mes de la Herencia Hispana, también se manifiesta un desconocimiento sobre la falta de acceso a atención y apoyo oncológico de calidad, en las comunidades minoritarias, incluida la comunidad hispana.

- El cáncer de mama es la principal causa de muerte por cáncer entre las mujeres hispanas. (Instituto Nacional del Cáncer)
- Sólo el 38% de las mujeres hispanas de 40 años o más se hacen mamografías con regularidad. Sin exámenes de detección, el cáncer se detecta en etapas posteriores, lo que reduce las posibilidades de que los tratamientos tengan éxito. (Instituto Nacional del Cáncer)
- La supervivencia del cáncer de mama después de cinco años de las mujeres hispanas es del 88%, comparado con el 92% de las mujeres blancas no hispanas. (Sociedad Americana del Cáncer)

Como sobreviviente de cáncer de mama, sé muy bien lo que es luchar contra las cargas financieras, mientras se está sometida al tratamiento para combatir la enfermedad. Me diagnosticaron cáncer de mama en etapa temprana en abril de 2005. Era poco probable que la enfermedad me quitara la vida, pero sí me quitó el sustento. Estaba sin trabajo, el ya ajustado presupuesto de mi familia se vio inmediatamente superado por la adición de un pago mensual del seguro médico COBRA y perdí mis ingresos.

En cuestión de meses, mi familia y yo enfrentamos la posibilidad de sufrir pérdidas financieras catastróficas, incluida nuestra casa. Al final del tratamiento, cuando mis familiares y amigos dejaron de ayudarnos con las cenas, me encontré en un banco de alimentos local para alimentar a mi familia.

Rápidamente aprendí que esta experiencia no era solo mía y, en algunos casos, mucho más terrible para otros. Mientras estaba sentada junto a otras mujeres en las salas de espera del tratamiento, las escuchaba sopesar sus opciones de saltarse el tratamiento para poder mantenerse al día con su horario de trabajo. Lo más preocupante era la idea de suspender el tratamiento por completo y volver a trabajar.

No eran solo los días sin trabajar y la pérdida del salario lo que llevaba a tomar esas decisiones. Era el costo de la gasolina para ir y regresar de las citas, la tarifa del parqueo, el dinero gastado en comidas para llevar y, a veces, las pernoctaciones en hoteles cercanos cuando los centros de tratamiento quedaban demasiado lejos de casa.

Un estudio de 2020 de pacientes con cáncer de mama menores de 40 años mostró que el 47% de las mujeres encuestadas estaban en declive financiero debido a su diagnóstico. El cuarenta y siete por ciento de las mujeres también tuvo que ausentarse del trabajo, sin remuneración para acceder a sus tratamientos.

Cuando le comenté a la trabajadora social dónde me estaban tratando, que necesitaba ayuda para resolver este problema, aparte de darme una tarjeta de regalo de Kroger de $50, ella no conocía ninguna opción para brindar asistencia financiera no médica.

Entonces, en 2006, fundé Pink Fund, con mi esposo Tom, para abordar el problema del "sufrimiento económico" en el ámbito del cáncer de mama.

Las mujeres y sus familias no deberían enfrentarse a decisiones imposibles, como pagar sus medicamentos o su hipoteca, o pagar el carro en lugar de pagar la quimioterapia.

No deberían tener que hacerlo, pero el hecho es que sí.

Pink Fund proporciona 90 días de ayuda financiera no médica para cubrir los costos básicos de los gastos de vida, como seguro médico, vivienda, transporte y servicios públicos. Al brindar esta asistencia financiera, Pink Fund ayuda a satisfacer las necesidades básicas y al mismo tiempo reduce los niveles de estrés. Estos factores ayudan a las pacientes con cáncer de mama a centrarse en la curación y mejorar los resultados de supervivencia y la calidad de vida. Desde su fundación hasta agosto de 2023, Pink Fund ha ayudado con más de $7,1 millones en pagos de facturas directamente a los acreedores de los pacientes.

La verdadera ayuda está aquí para aquellos que la necesitan. Visite pinkfund.org para obtener información sobre cómo calificar para recibir apoyo o para ayudar a un paciente que lo necesite.

EL CENTRAL
HISPANIC NEWS

Michigan's #1 oldest, largest and only bi-lingual Hispanic news. Multi-year winner of Jose Marti National Award for excellence in Editorial and Design. Published in Metro Detroit since 1988. Minority (Hispanic) and woman owned

El Central informs and celebrates Metro Detroit's Hispanic and Latino/a community and Southwest Detroit in particular and supports the professional development of local reporters and photographers who seek to enter the journalism profession.

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HISPANIC OWNED MEDIA CERTIFIED BY HACR

CLLAS Anniversary Awards Dinner Celebrates Strong Ties between University and Community

It was a triumphant return for what was once an annual event postponed for three years due to the pandemic. Close to 300 people—a sold out crowd—enjoyed Latin music, a great meal and the company of longtime friends and new acquaintances at El Kiosko Hall in Southwest Detroit for the 52nd Anniversary Fundraising Dinner and Celebración of the Wayne State University Center for Latino/a and Latin American Studies (CLLAS).

The mood in the hall was certainly celebratory with a program packed with awards, announcements of charitable gifts, CLLAS updates and many uplifting speeches.

Newly named Wayne State University President Dr. Kimberly Andrews Espy greeted the guests, among them many CLLAS alumni, community leaders and corporate partners, by recognizing the significance of the event being held during the National Hispanic Heritage Month. She lauded the major contributions that Latino/as have made at Wayne State and congratulated CLLAS Director Dr. Jorge L. Chinea who was recently appointed to the rank of Distinguished Service Professor of History.

President Espy also noted the sharp increase in Latino/a student enrollment at the university, including a nearly 40 percent rise in the number of incoming students enrolled relative to last year, and reaffirmed Wayne State's commitment to continue to work closely with the Latino/a community.

Adriana Valenzuela, Director of Customer and Account Services for the US Market at Ford Motor Credit, the financial arm for Ford Motor Company, and one of the highest-ranking Latinas in the organization, delivered the keynote address. After highlighting the significant financial donations that Ford and its charitable arm, the Ford Motor Company Fund, have made to Latino/a and other communities locally and nationally, Valenzuela closed by announcing a gift of $10,000 to CLLAS from the Ford Hispanic and Latino Network.

CLLAS Assistant Director Melissa Miranda Morse presented a substantive summary of the program's successful efforts to recruit, retain and graduate students. Filled with key facts and figures, her data demonstrated the impact that the center's programs have on student success, including big gains in the four-year graduation rates of Latino/a students. She spotlighted student and alumni achievements over the past year, recognizing several CLLAS alumni in attendance who earned advanced degrees in 2023 along with recent graduate Diana Garcia Rivera, who just completed a colorful 10' x 8' mural titled "El Viaje a la Sabiduría" (A Journey towards Knowledge) that now graces the center's main office.

The evening concluded with an awards ceremony honoring individuals whose achievements reflect the longtime mission of CLLAS to provide access to a quality university education to underrepresented students.

Receiving the Martin "Marty" Quiroz Enseñanza Award (posthumously) was Dr. Guerin Montilus, Professor Emeritus of Anthropology at Wayne State. His daughter Afiavi Montilus, who accepted the award on her father's behalf, noted his deep passion for his work devoted to studying Afro-Caribbean spirituality and religious material culture, as well as his dedication for the university's educational mission, especially its local and global outreach.

Businessman and owner of the popular Taqueria Mi Pueblo restaurant, José "Chuy" De Jesus López, received the Enterprising Spirit Award. López worked his way from a ranch in Jalisco, Mexico to a major provider of jobs, high-quality meals and space for families and the community to gather in Southwest Detroit. His community development activities, Dr. Chinea remarked, exemplifies the growing economic impact that the Latino/a population continues to have in this part of Detroit and the state.

Mary Carmen Muñoz, Executive Director of LA SED, the oldest Hispanic non-profit advocacy agency in Southeastern Michigan, was honored with the Israel "Lalo" Leyton Community and Public Service Award, named for the community organizer who co-founded both LA SED and CLLAS. Muñoz thanked her late mother Carmen, husband Kenneth Jones, and mentor Jane Garcia for their unwavering support throughout her life, which has been dedicated to service.

Major sponsors included the Wayne State Office of Academic Student Affairs and Global Engagement, Blue Cross Blue Shield of Michigan, Ideal Group, Comerica, CHASS, DTE Foundation, Ford, Kirk in the Hills, LA SED, MCA Detroit, MANA de Metro Detroit, Michigan First Credit Union, MGM Grand Detroit, and SER Metro-Detroit. All proceeds from the event support scholarships for CLLAS students.

PHOTOS BY DAVID DALTON

WSU Provost Dr. Mark Kornbluh, Vice President Dr. Ahmad Ezzeddine, CLLAS Assistant Director Melissa Miranda Morse, President Dr. Kimberly Andrews Espy, Director of Community Affairs Stacie Clayton, CLLAS Director Dr. Jorge L. Chinea and Board of Governors Chair Mark Gaffney

Dr. Jorge L. Chinea, Keynote Speaker Adriana Valenzuela of Ford and Melissa Miranda Morse

Mary Carmen Muñoz of LA SED accepting her award

Jose "Chuy" De Jesus Lopez with CLLAS Director Dr. Jorge L. Chinea

Afiavi Montilus with CLLAS Director Dr. Jorge L. Chinea

CLLAS student Astrid Rodriguez, Osvaldo "Ozzie" Lopez and Estenia Elisevich

Charles Childers, Marie Cuello, Dr. José Cuello and Hon. Laura Echartea

Jane Garcia, Eva Garza Dewaelsche, Dr. Diana Marines, Laura Reyes Kopack and Dr. Juan Marines

Claudia Rivera, Melissa Miranda Morse and artist Diana Garcia Rivera

A SPECIAL REPORT: THE GORDIE HOWE BRIDGE FROM THE DETROIT RIVER

A View from the Waters of the Detroit River Aboard th

Last week, a team from EL CENTRAL embarked on an excursion to document the progress of the Gordie Howe Bridge construction from a unique vantage point - from the river.

Even with an ongoing UAW strike in progress on September 20, 2023 the EL CENTRAL team found the Ambassador Bridge packed with trucks waiting to clear customs on both sides of the Detroit River.

When the Ambassador Bridge was completed in November of 1929, it was the longest suspension bridge in the world. A rail tunnel under the river was completed in 1910 and the Detroit – Windsor Automotive Tunnel was completed in 1930 Now, 93 years after the completion of these engineering wonders, the Gordie Howe International Bridge is reaching completion and Southwest Detroit is about to become the epicenter of another commercial link between two nations.

The Ambassador Bridge continues to carry traffic after 93 years.

The old in the background, the new in the foreground.

The American Tower on September 20, 2023

The Canadian Tower on September 20, 2023

The Canadian Tower construction September 20, 2023

***Top**: The gap narrows 2023 • **Middle**: bridging the gap July 8, 2023 • **Bottom**: A view from the South showing progress September 20, 2023*

A SPECIAL REPORT: THE GORDIE HOWE BRIDGE FROM THE DETROIT RIVER

e RMV* Attitude–Detroit

The path to the construction of this bridge has a long and often bitter history in our community. Lost churches, schools, and homes. Regardless of the history of this project, it is a significant addition to the industrial strength and character of our community. This story simply attempts to capture the scale and engineering of this project. The photographs are a record of the efforts to cross “Detroit”, the French masculine noun for “strait”. The “Detroit River” is nothing more than a strait or narrowing of the Great Lakes, the world’s largest fresh water system. Crossing the “strait” joins two countries with vast natural resources and shared history. The photos are the story.

**Research Motor Vessel*

The American Tower Construction on September 20, 2023

The Research Team

Michael Alberts - Photographer

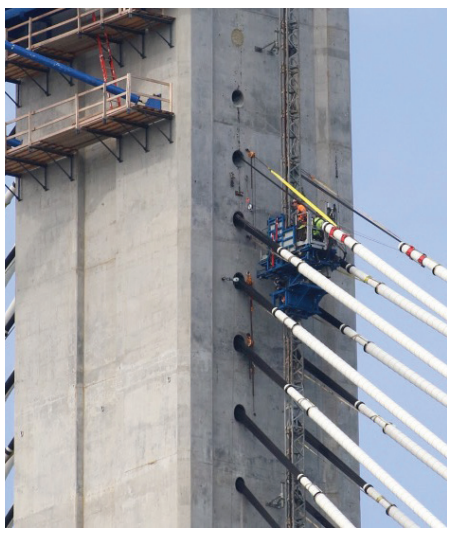
John Aukee - Photographer

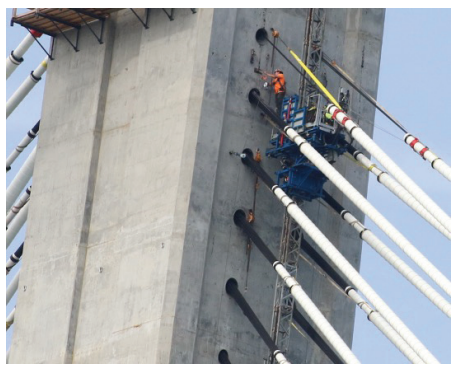
Richard Keefer - Pilot of the Vessel “Attitude”

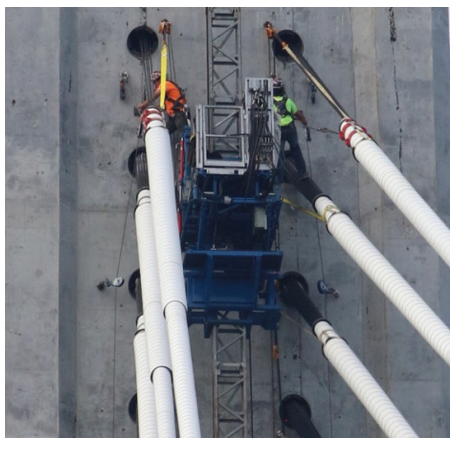
Robert Dewalsche - EL CENTRAL Managing Editor

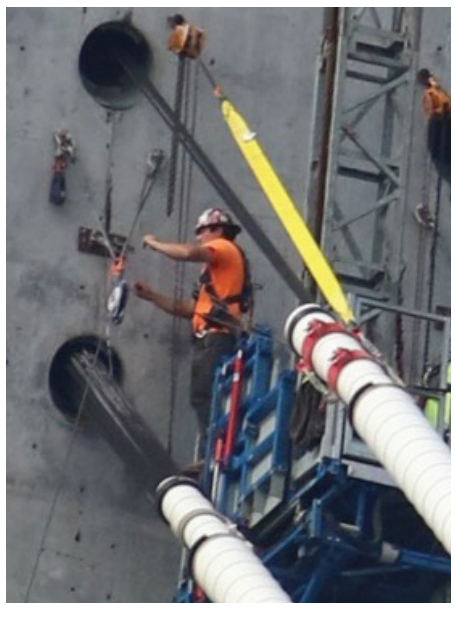
The Human Side of Things

Workers thread cable at approximately 600 feet on September 20, 2023









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Lions - 20 Falcons - 6

EL CENTRAL
HISPANIC NEWS
SPORTS

Sports Editor: Dan Graschuck/ EL CENTRAL

This past Sunday, the Detroit Lions hosted the Atlanta Falcons, at Ford Field.

In front of 63,803 fans, the Lions were able to dominate the Falcons, and win by 20-6 score.

The Lions defense held the Falcons to only 3 field goals in the game.

The Detroit Lions (2-1) travel to Lambeau Field, to take on the Green Bay Packers (2-1), on Thursday, September 28th at 8:15 pm (Prime Video).

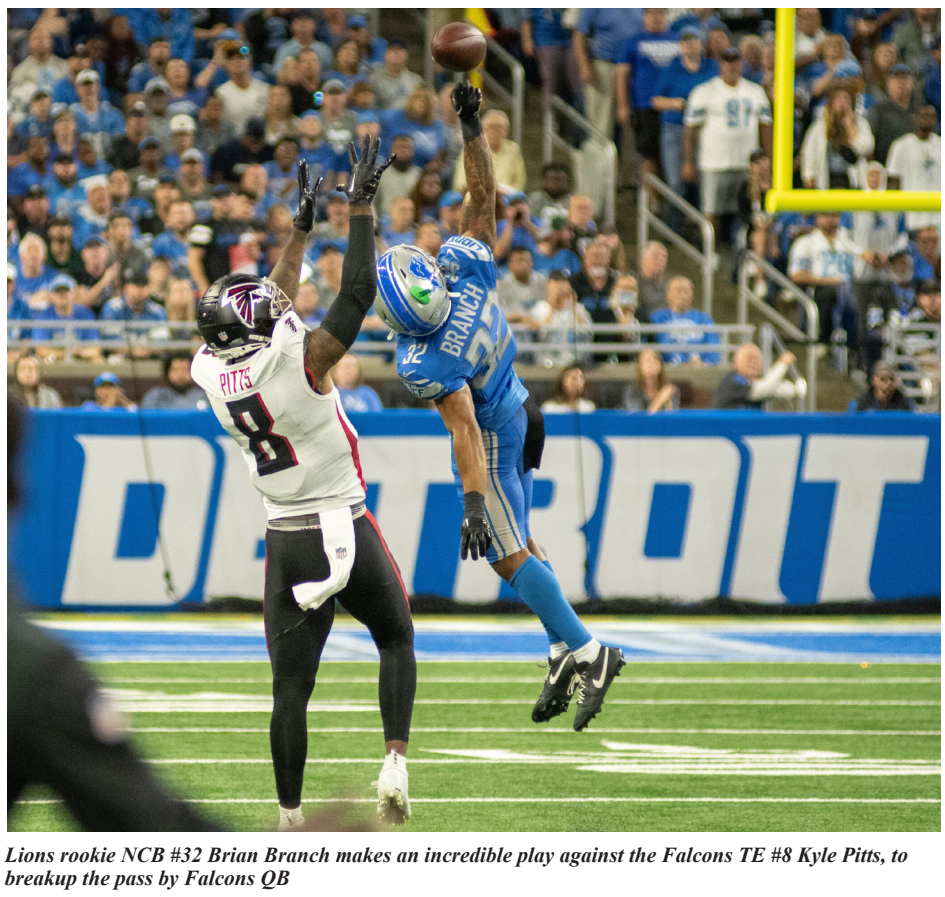
The Detroit Lions return to Ford Field, on Sunday, October 8th, to host the Carolina Panthers at 1:00 pm (FOX), before going on a 2 game road trip, to take on the Tampa Bay Buccaneers, on Sunday, October 15th at 1:00 pm (FOX), then travel to the Baltimore Ravens, on Sunday, October 22nd at 1:00 pm (FOX), then returning back to Ford Field on Monday, October 30th, to host the Las Vegas Raiders at 8:15 pm (ESPN).

Photos below are highlights from the Lions vs. Falcons

Photos by Mike Alberts/ EL CENTRAL and Adam J. Dewey

Lions LB #55 Derrick Barnes sacks Falcons QB #9 Desmond Ridder. The Lions only had one sack going into the Falcons game, but where able to get to the Falcons QB for 7 sacks and 11 tackles for losses in the game

Lions fans celebrate team victory over the Atlanta Falcons



Lions rookie NCB #32 Brian Branch makes an incredible play against the Falcons TE #8 Kyle Pitts, to breakup the pass by Falcons QB

Lions QB # 16 Jared Goff, scoring an untoched TD. Goff was 22 for 33 for 243 yards with 1 TD and 1 INT. Goff also had 5 carries for 3 yards with 1 TD

Lions NCB #32 Brian Branch tackles Falcons HB #7 Bijan Robinson late in the game, with Lions DE #97 Aidan Hutchinson overlooking

Lions WR #14 Amon-Ra St. Brown makes a play against Falcons S #27 Richie Grant chases him, with Lions head coach Dan Campbell in the background. St. Brown 1 carry for 4 yards, and 9 receptions for 102 yards

EL CENTRAL HISPANIC NEWS
Pateando la No. 5
SPORTS

CITY CONTROLS ITS FATE

David Levine
EL CENTRAL

Games don't come along any more crucial than the ones Detroit City FC is playing this month. The end of the regular season comes on October 14, but the home game against league-leading Pittsburgh to close out the schedule is the least of DCFC's worries at the moment. The club has just come off a big weekend where their own performance and other results fell together nicely ahead of the team playing its game in hand on the rest of the teams competing for the final playoff spot in the Eastern Conference of the USL Championship.

Perhaps the schedule-makers foresaw this last winter. Needing a big win, they conspired to have the worst team in the league come to Keyworth Stadium at the perfect time. Hartford Athletic, featuring former DCFC star Antoine Hoppenot, are rock bottom, last in most every category. They haven't had any hope of reaching the playoffs for some time and have changed their manager and CEO in recent weeks.

Le Rouge would have been expected to dominate proceedings, but went with their normal strategy of conceding possession time and looking to exploit errors. Hartford duly obliged, making two fatal mistakes in the first half, while also being exposed on more occasions that didn't affect the score. Ben Morris found himself with a clear shot at goal as early as the 11th minute, but looped a horrible attempt well over the goal, eliciting groans from the Northern Guard.

City's response to that miss was to give Hartford its best chance to make a game of it. Fortunately, Nate Steinwascher returned to his normal place in goal and delivered a stunning double save, the first on Hoppenot's attempted chip and the second from the rebound. A revived Northern Guard roared, "Death! Taxes! Nate Steinwascher!" For Detroit City, these three things are certain.

The visitors came undone in the 24th minute trying to play out of the back. Connor Rutz intercepted a wayward pass, strolled in and unleashed a venomous drive that Hartford goalkeeper Joseph Rice could only knock down. Dario Suarez reacted first and drove the rebound home for the opening goal. From that point, there was only going to be one winner. Michael Bryant doubled the lead seven minutes later when Hartford didn't mark him at the far post on a free kick. Maxi Rodriguez delivered a delicious curving cross and the mustachioed defender headed home and raced away to celebrate his second goal of the season.

A second goal in quick succession from another mistake deflated Hartford. They never recovered. Matt Lewis added the third goal with a deft deflection on a corner kick, leading to yet another cloud of multi-colored smoke rising from the East Stand before the hour mark. A three goal lead at home had the team and its supporters in dreamland.

As the teams played out the final stages, Trevor James gave a home debut to his newest player. DCFC acquired Cameroonian forward Aaron Bibout from Los Angeles Galaxy II on loan for the rest of the season, however long that is. Yazeed Mathews and Skage Simonsen are unavailable, so there is a lack of depth. Bibout is a lanky 6'4" forward who looks the part of a traditional #9. Based on his 15 minutes or so last Saturday, he can handle the physical battles and has a decent first touch. He will give James a bit more pace up front, too. Bibout had 14 goals and 5 assists in 27 games for the Galaxy's reserve team. For a 19 year old in his first year of pro soccer, those are really good numbers.

For Bibout and the rest of DCFC, the must win games don't stop now. The team received a lift over the weekend as Tulsa lost in Charleston, allowing Le Rouge to jump into the last playoff spot. Even better, Birmingham, who hold the 7th spot, lost to Miami. DCFC will play their game in hand on Tulsa and Birmingham Wednesday night at Keyworth against the Colorado Springs Switchbacks. The Switchbacks are in a massive battle for positioning in the Western Conference, so this will be a high stakes game. A win for DCFC would bring them level with Birmingham on points with a superior goal difference. It won't get any easier for City after that, with a trip to Indianapolis on Saturday to face Indy Eleven. Those games will wrap up September and leave just two on the schedule. There is a path to a playoff spot. It all depends on how the team performs over the next three weeks.

Wolverines Remains Undefeated and Spartans Continue Losing !!!

This past Saturday, the #2 University of Michigan Wolverines hosted Rutgers Scarlet Knights, at the Big House.

This game for the Wolverines was also the return of head coach Jim Harbaugh to the sideline, after being suspeneded, by the Michigan Wolverines Athletic Department, for the first three games.

The Wolverines dominated the Scarlet Knights 31-7, to remain undefeated (4-0, 1-0 in the Big Ten).

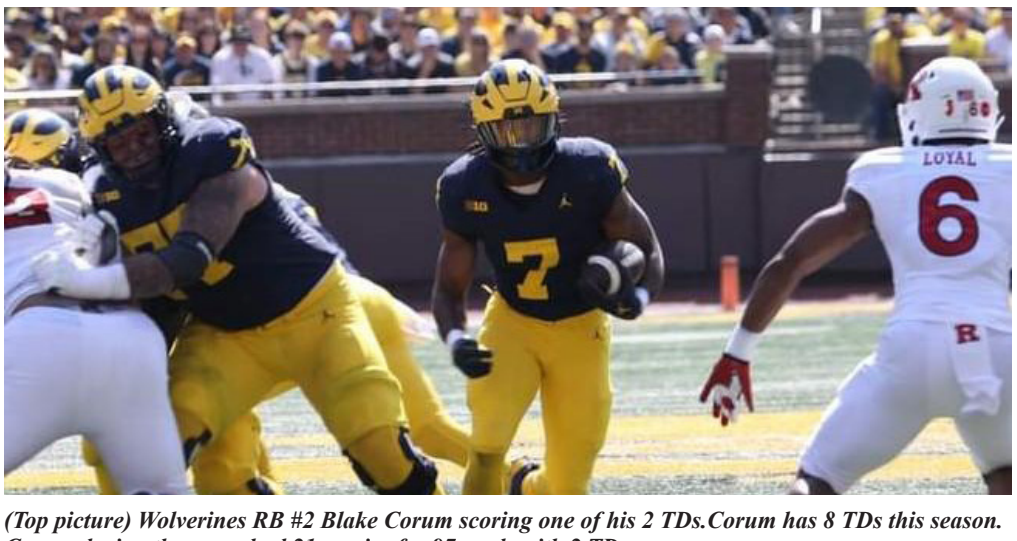
The University of Michigan Wolverines play their first away game, this Saturday, September 30th, as they travel to take on Nebraska Cornhuskers (2-2), at 3:30 pm (FOX).

The Michigan State Spartans continue having a hard time bouncing back, after their head coach Mel Tuckers' firing and finding a way to win games.

The Spartans lost to the Maryland Terrapins (4-0), 31-9.

The Michigan State Spartans (2-2, 0-1 in the Big Ten), go on their first away game also, this Saturday, September 30th, as they travel to take on the Iowa Hawkeyes (3-1) at 7:30 pm (NBC).

Photos by: Suzie C. Baker



(Top picture) Head coach Jim Harbaugh talks to media after Wolverines defeat the Scarlet Knights. This is the first game that Jim Harbaugh has been on the sideline after serving a three game suspension.
(Bottom picture) Fans hold up a sign saying "Welcome Home Jim" for head coach Jim Harbaughs return the Wolverines sideline

(Top picture) Wolverines RB #2 Blake Corum scoring one of his 2 TDs.Corum has 8 TDs this season. Corum during the game had 21 carries for 97 yards with 2 TDs
(Bottom picture) Wolverines RB #7 Donovan Edwards makes a play against the Scarlet Knights. Edwards had 7 carries for 13 yards and 2 receptions for 41 yards during the game

EDITORIAL OPINION

"Mexico Honors Thugs and Murderers"

By Raoul Lowery Contreras

30 years before I was born a revolution swept through where I was born. Obviously I couldn't participate, neither could my mother or father; but, my great Grandmother was there and was in it.

The 20th Century's first revolution: The Mexican Revolution was sparked by Francisco Madero, the former University of California and Mount St, Mary's College (Maryland) student who campaigned against the three-decade-long dictatorship of Porfirio Diaz in the presidential election of 1911. Diaz had Maderos arrested. Madero bailed out and fled to Texas from where he announced an armed insurrection to start on November 20, 1910.

The keys to success ran through the Mexican border cities of Ciudad Juarez and Tijuana.

San Diegans rode their buggies and cars to the hills on the border and watched the Battle of Tijuana between rebel forces, mostly American, commanded by Ricardo Flores Magon (The Liberal Mexican Party) and federal forces of former President Diaz who were loyal to new President Francisco Madero. Flores Magon directed his troops from the Los Angeles County jail.

After taking Mexicali and Tijuana in January 1911 Flores Magon's troops, commanded in Tijuana by an American former Marine, controlled northern Baja California until federal troops landed in Ensenada's harbor and marched north to take Tijuana back. At the end, rebel troops scurried across the border, surrendering their weapons. They were detained at San Diego's Ft. Rosecrans.

President Madero made a horrendous mistake when he appointed General Victoriano Huerta to lead the Army.

My great Grandmother Maria met him during his successful campaign. After Madero was assassinated, Maria couldn't vote but she could and did raise money to buy arms for Villa's and Zapata's new armies.

These two charismatic leaders met on December 4 in Mexico City, they met each other and my great Grandmother who supervised the meal they shared. Her description of their respective soldiers when they came to our house was simple: Zapata's peasant farmers asked if there was any food they could have; Pancho Villa's northern Mexican cowboys and cavalry simply took what they wanted.

This was not a revolution, this was a civil war. With great Grandmother's help, Villa's horse soldiers and Zapata's infantry unleashed a full-fledged war on the anti-democrats. Stepping into the fray were the moderate "Constitutionalists" of Venustiano Carranza and his top general, Alvaro Obregon. They defeated Pancho Villa's army in the north and Emiliano Zapata's army in the south.

Carranza was assassinated. Obregon won the presidency in 1920. Maria supported him. President Obregon settled Mexico's decade of war. Here enters Plutarco Elias Calles, the president my great grandmother labeled a "criminal." Calles made war on the Catholic Church. Catholics fought back.

Mexico started it's road to democracy when General Lazaro Cardenas was handpicked by "criminal" Calles to be President in 1934. Imagine Calles' surprise one night when Mexican secret police put him on a Ford Tri-motor airplane and exiled him for life to San Diego, California.

Mexicans in 1942 joined the United States in making war on Adolf Hitler and Tojo. An all-Mexican unit of fighter pilots was formed. Innumerable Mexican men walked across the border to join the U.S. Army, Marines and Navy.

I knew one of those men; George Bujazan. His family owned movie theaters in Tijuana. Shortly after Pearl Harbor was attacked he joined the U.S. Army with friends from the Catholic high school he attended in San Diego. He served in the 101st Airborne Division. He earned a Silver Star for bravery. I was proud to know him, this fighter for freedom, this friend of America.

I can't say that about the current President who apprenticed as a corrupt "achichincle" (ah-chee-chee-nkleh-- gofer for the Soviet-style PRI political party that ran Mexico for 70 years). He lost two runs for the Presidency yet claimed -- Trump style-- that he won both times. He didn't.

Since he was elected in 2018, he aligned himself with the worst people in the world.

Andres Manuel Lopez Obrador (AMLO) hired doctors from Cuba where people earn $20-a-month and paid them more than Mexican doctors earn. On Mexico's National day - September 15-16, Mexico's Independence Day, were there Americans with whom Mexicans fought side-by-side with in the military parade? No.

AMLO personally invited Russian, Cuban and Nicaraguan troops to march.

My great Grandmother helped create modern Mexico. She would be bitter seeing murderers of Ukrainian women and children in the parade, ditto seeing Cuban thugs who attack women on Havana streets every Sunday and the oppressors of democratic Nicaraguans who are imprisoned by the Nicaraguan government. She would really be bitter.

Opinions in this column are not necessarily those of the Publisher or Editor

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Inspiring Quote of the Week !!!

"One sees great things from the valley; only small things from the peak."

- G.K. Chesterton

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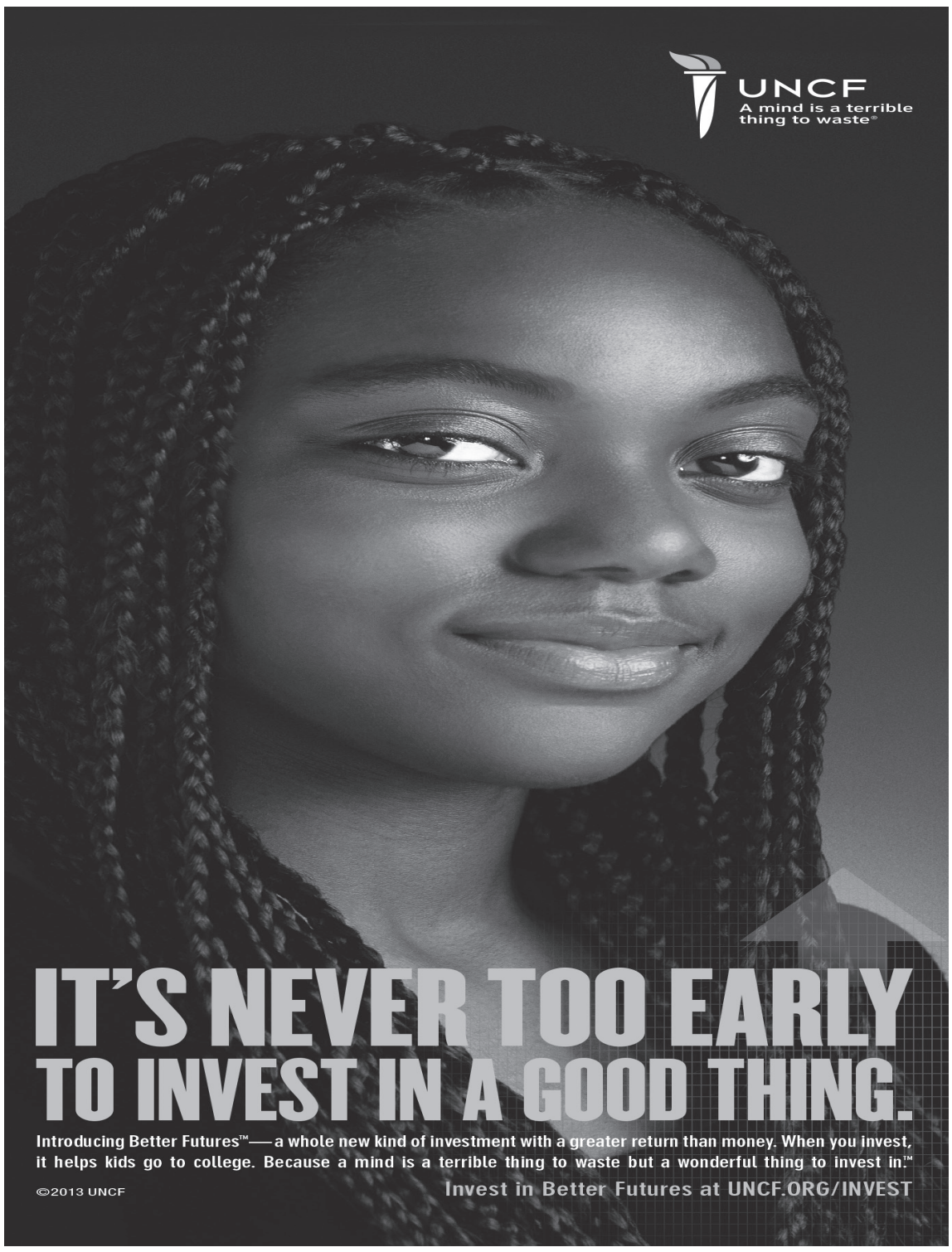
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01 DON'T OPEN THE DOOR
No matter what the person might say, DO NOT let the person into your home.
02 ASK ABOUT THEIR VISIT
Did they identify themselves and their purpose when you asked?
03 NOTE THEIR VEHICLE
Does the vehicle have company logo decals or magnets?
04 OBSERVE THEIR UNIFORM
Are they wearing a company uniform with matching logos?
05 IDENTIFICATION BADGE
Ask for their ID badge. Does the logo match their vehicle and clothing?
06 IF IT STILL FEELS WRONG
CALL the police to come verify their employment. File a complaint with the Attorney General's Consumer Protection Division at www.michigan.gov/ag or call the Federal Trade Commission at 877-382-4357.
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May 2021

Salud/*Health*

5 Facts About NTM Lung Disease

(StatePoint) Nontuberculous mycobacteria (NTM) lung disease is a serious condition that can cause permanent lung damage, even if you have no symptoms.

More than 86,000 people are likely living with NTM lung disease in the United States, and rates appear to be increasing, especially among women and older age groups.

The American Lung Association, with support from Insmed, is sharing five fast facts to help you better understand this progressive disease:

1. Treatments vary. How NTM is treated depends on the type of organism causing the infection, the severity of symptoms and your health history. Treatment of NTM lung disease varies from person to person and can last for a prolonged period of time.

2. Current guidelines. The progress of treatment will be monitored by collecting sputum samples. Once achieving a negative sputum culture, the 2020 NTM Guidelines recommend continuing your treatment regimen for 12 months post culture conversion. Because NTM lung disease can be challenging to clear from the body, it's a good idea to seek care from a pulmonologist or infectious disease specialist that specializes in NTM lung disease.

3. Side effects. Some of the medications you may be prescribed may cause side effects. It is important to talk to your healthcare provider about possible side effects and how to manage them.

4. Clinical trials. There are clinical trials available for those living with NTM lung disease. Participating in a clinical trial supports medical advances and can help you access treatments. See if one is right for you.

5. Finding support. Having the right support while treating your NTM lung disease may help you follow your treatment plan. The Lung Association recommends patients and caregivers join the Living with Lung Disease Support Community to connect with others facing this disease. You can also ask your healthcare provider about lung disease support groups in your area, or look online for a Better Breathers Club near you. To talk to a trained respiratory professional who can help answer your questions and connect you with support, call the Lung Association's Lung Helpline at 1-800-LUNGUSA.

For more information about NTM and lung health, visit lung.org.

Everyone inhales NTM into their lungs as part of daily life. Unfortunately for some, this exposure can result in infection. Having the facts and tools you need to understand NTM lung disease can help you get the support you need.

5 hechos sobre la enfermedad pulmonar NTM

(StatePoint) La enfermedad pulmonar por micobacterias no tuberculosas (NTM) es una afección grave que puede causar daño pulmonar permanente, incluso si no presenta síntomas.

Es probable que más de 86.000 personas vivan con enfermedad pulmonar por NTM en los Estados Unidos, y las tasas parecen estar aumentando, especialmente entre las mujeres y los grupos de mayor edad.

La Asociación Estadounidense del Pulmón, con el apoyo de Insmed, comparte cinco datos importantes para ayudarlo a comprender mejor esta enfermedad progresiva:

1. Los tratamientos varían. La forma de tratar la NTM depende del tipo de organismo que causa la infección, la gravedad de los síntomas y su historial médico. El tratamiento de la enfermedad pulmonar por NTM varía de persona a persona y puede durar un período prolongado.

2. Directrices actuales. El progreso del tratamiento se controlará mediante la recolección de muestras de esputo. Una vez que se logra un cultivo de esputo negativo, las Directrices NTM de 2020 recomiendan continuar el régimen de tratamiento durante 12 meses después de la conversión del cultivo. Debido a que la enfermedad pulmonar por NTM puede ser difícil de eliminar del cuerpo, es una buena idea buscar atención de un neumólogo o especialista en enfermedades infecciosas que se especialice en la enfermedad pulmonar por NTM.

3. Efectos secundarios. Algunos de los medicamentos que le pueden recetar pueden causar efectos secundarios. Es importante hablar con su proveedor de atención médica sobre los posibles efectos secundarios y cómo controlarlos.

4. Ensayos clínicos. Hay ensayos clínicos disponibles para quienes viven con enfermedad pulmonar NTM. Participar en un ensayo clínico respalda los avances médicos y puede ayudarle a acceder a tratamientos. Vea si alguno es adecuado para usted.

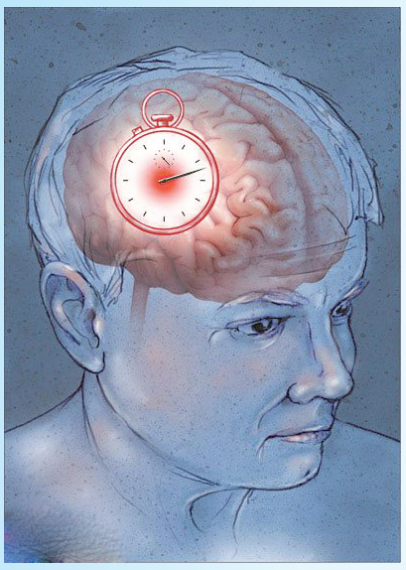
5. Encontrar apoyo. Tener el apoyo adecuado mientras trata su enfermedad pulmonar NTM puede ayudarle a seguir su plan de tratamiento. La Lung Association recomienda que los pacientes y cuidadores se unan a la comunidad de apoyo Living with Lung Disease para conectarse con otras personas que enfrentan esta enfermedad. También puede preguntarle a su proveedor de atención médica sobre los grupos de apoyo para enfermedades pulmonares en su área o buscar en línea un Better Breathers Club cerca de usted. Para hablar con un profesional respiratorio capacitado que pueda ayudarlo a responder sus preguntas y brindarle apoyo, llame a la línea de ayuda pulmonar de la Lung Association al 1-800-LUNGUSA.

Para obtener más información sobre NTM y la salud pulmonar, visiteung.org.

Todo el mundo inhala NTM en sus pulmones como parte de su vida diaria. Desafortunadamente para algunos, esta exposición puede provocar una infección. Tener los datos y las herramientas que necesita para comprender la enfermedad pulmonar por MNT puede ayudarle a obtener el apoyo que necesita.

We need to find out what the community thinks

Did you know that brain bleeding can be life-threatening?



Brain bleeding, known as intracerebral hemorrhage or ICH, happens when a blood vessel in the brain breaks and leaks. Sadly, more than 40% of patients experiencing ICH don't make it past a month, and only 20% regain their independence after six months. Right now, there's no approved treatment for ICH.

That's where the FASTEST study comes in!
Henry Ford Hospital and over 100 other hospitals are teaming up to investigate a potential game-changer called recombinant Factor VIIa (F7a). This clotting factor that our body already makes is approved for other bleeding conditions. It could slow down bleeding and improve patient outcomes if given within two hours of the first symptoms of ICH. If F7a is indicated, every effort to obtain consent from the patient or their family will be made, but in some cases, patients unable to provide immediate consent may be enrolled in this study.

Your voice matters!
This research study may affect you or someone you know, and we need to find out ahead of time what the community thinks about it. Share feedback and questions via the QR code or at redcap.research.cchmc.org. For more information, questions, or if you prefer not to participate, visit DetroitFASTEST.org or contact our research study staff at 313-404-9110 or EDresearch@hfhs.org.

FASTEST

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